



Day 21

Serves: 6

Preparation time:

10 min

Cooking time:

1h30 min

Ingredients:

- 1 kg stewing lamb
- 1 teaspoon (5ml) garlic and ginger paste
- 2 tablespoons (30ml) sunflower oil
- 1 onion, finely chopped
- 1 packet **IMANA Brown Onion Soup** mixed with 350ml cold water
- 1 **IMANA GOURMET Karoo Lamb Stock Cube**
- 1 x 400g tin of whole tomatoes
- 1 tablespoon (15ml) honey or syrup
- ½ cup (125ml) dry red wine
- ½ cup (125ml) chopped tomatoes
- 1 x 410g peach halves, drained reserve syrup

Method:

1. Rub the meat with the garlic and ginger paste. Heat the oil in a heavy based saucepan and brown the meat to seal it. Remove and set aside. Sauté the onions in the same pan until soft.
2. Add the **IMANA GOURMET Karoo Lamb Stock Cube**, the **IMANA Brown Onion Soup** with the water and the reserved syrup from the peaches. Add the tinned tomatoes, honey, red wine and fresh tomatoes to the onions. Return the meat to the saucepan and bring slowly to the boil.
3. Simmer for 1 -1 ½ hours or until lamb is soft and sauce has thickened. Add the peaches and allow to heat through before serving with a medley of vegetables.

TIP:

This dish tastes great served with a bowl of couscous with cubed and cooked butternut, cubed feta and toasted pumpkin seeds mixed in.

